October - Lesson Plan Grades K-I

FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn the special characteristics of grapes.

Learn that grapes are colorful and easy to eat as snacks.

Supplies Needed

October
Pick a **better** snack[™] & **Act**bingo card

3 different varieties of seedless grapes (green, red, blue-black)

Large bunch of seedless grapes for making "Cool Grapes"

Paper plates

"Eat A Colorful Variety of Fruits Cool Grapes" recipe activity sheet

Tasting Opportunities

Featured Fruit: Grapes

Background

Grapes come in more than 50 varieties in black, blue, blueblack, golden, red, green, purple, and white colors with a juicy pulp inside. The two main types of grapes are the American and European. They both come in seeded and seedless varieties. Common varieties include Thompson, Flame, Ruby, Perlette and Tokay grapes.

Grapes date back as far as the Egyptians and early Romans. In the early 1800's Native Americans grew grapes, but they had a sour taste. A California farmer began growing the first table grape in the mid-1800s. Nearly all of the grapes consumed in the United States are now grown in California.

Grapes grow in bunches on vines. They are considered berries. The vines must grow for two years before the grapes can be picked. The vines grow best when held up with trellises, so the grapes do not lie on the ground. It is estimated that one bunch contains 100 grapes.

Grapes are about 80 percent water, making them a low-calorie snack or dessert; a cup of Concord or Catawba grapes contains only about 60 calories. Grapes also add fiber to the diet and are naturally low in sodium. Raisins, or dried grapes, contain only about 15 percent water. For this reason, nutrients and calories are more concentrated in raisins-one cup contains 464 calories! Like other dried fruit, raisins are a good source of iron. If you eat them for a snack, brush your teeth afterwards to remove sticky, natural sugar.

Grapes are good sources of phytochemicals that can prevent certain diseases. They are good sources of vitamins C & K. Vitamin C helps heal wounds and vitamin K is needed to help blood clot.

The average American eats eight pounds of grapes per year; up from 2 pounds per year in the 1970's.

Sources: Harvest of the Month, California Nutrition Network,

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Centers for Disease Control, 5 A Day, Fresh California Grapes

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov

Do the Activity: Kindergarten

Mix up a variety of green, red, and blue-black grapes and put them on a plate.

Have the students take a grape and without talking, look at its shape, color and texture. Then have them search for others who have grapes that match theirs. Remind the students to touch only their own grape.

Ist Grade

Continue until all students are in one of the 3 groups. How many students have green grapes? Red? Blue-black?

After tasting green, red, and blue-black grapes, have the students form a line behind their favorite color. How many students lined-up behind green? Red? Blue-black? Compare the numbers. Which is greatest?

Talk It Over:

Talk about how fruits are good to eat for snacks, for dessert, or at meals. What are dried grapes called? (raisins)

We need to eat fruits every day. Grapes are the fruit featured on the October Pick a **better** snack[™] & **Act** bingo card. Fruits are convenient – all you need to do to get grapes ready to eat for a snack is to **Wash**. **Eat**. (**How easy is that?**)

Apply:

Ask the students what color groups are represented by grapes they are eating today. *Grapes – green, blue/purple, red*



Tasting Opportunity

Ask the students what are some different forms of grapes that they can eat at home? *Grapes – fresh, canned, dried, make-your-own frozen*

Have students eat the grapes. Talk about how the grapes taste and their texture.

In advance, wash grapes and remove stems. Arrange grapes





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on a baking sheet and place in freezer for 30 minutes. Have students try the "Cool Grapes". Remind the students that they can then put an "X" through the bingo square of the fruits that they sampled.

Show the *Eat A Colorful Variety of Fruits Cool Grapes* recipe activity sheet. Explain how these activity sheets will give their families even more snack ideas to choose from. Pass out activity sheets for the students to take home.

Discuss that there are ways to eat vegetables and fruits as snacks. Suggest that they go to the website listed on the bottom of the *Eat A Colorful Variety of Fruits Cool Grapes* recipe activity sheet and have their family pick out a snack idea to try.

Extend the Activity

Teach the students the following action rhyme:

Twisted on a vine

Twisted on a vine, grapes hang down. (Arms hang down & swing them side-to-side)

Two little grapes smiled at me. (*Trace smile on face with a finger*)

I picked 5 grapes

One-two-three-four-five (Reach hands out long in front and to the side while picking 5 grapes and putting them in a "bucket," one at a time)

Mmmmm....were they good! (Rub hand in circular motion over stomach)



Art, Music & PE



Language Arts & Reading

Read The Grapes Grow Sweet by Lynne Tuft.



Math

Create a graph of the students' favorite colors of grapes to eat. One way to make a graph would be to have the students place their names in a pocket chart above the color of the grape that they like best. Discuss "What can we learn?"



Science & Health

Display a bunch of red grapes and a box of raisins in front of the class. Compare the differences.





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Social Studies

Discuss where grapes are grown. Show California on a United States map.



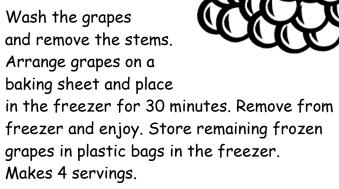


October – Activity Sheet Grades K-3

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Eat a Colorful Variety of Fruits Cool Grapes

You will need: 1 large bunch of seedless green or red grapes



16 grapes count as $\frac{1}{2}$ cup. How many count as 1 cup?

More colorful recipes for your family can be found at http://www.idph.state.ia.us/pickabettersnack/social_marketing.asp

Teachers: MyPlate suggests that children 4 to 8 years old eat 1 to 1½ cups of fruit every day. Go easy on 100% fruit juice; choose whole fruit for more fiber and nutrients. Go to www.choosemyplate.gov for more details. Students can create a personal food pattern for themselves.



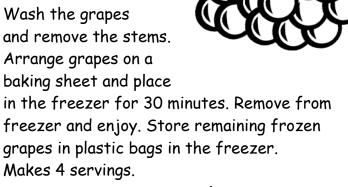




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